

**Coaches Representative Report**  
2007 USA Swimming Convention  
Anaheim, CA

I spent my time in Anaheim this year attempting to find and attend talks that might provide useful information for coaches within Potomac Valley, as well as to educate myself as to how I might serve the coaches within the LSC better while I'm serving on the Board of Directors as the Coaches Representative. I was able to do the latter by sitting in on a few talks such as the "LSC Leadership Workshop" and the "LSC Age Group Chairs Workshop", which Ward Foley recommended I attend because the Age Group Development Committee was giving a presentation on a new IMX Challenge program.

As far as finding information that might be useful for PVS coaches, one of the talks I did attend is one that I'd recommend all coaches read up on (the information is available on the USA Swimming website). The talk was called "Shoulder Stretching for Competitive Swimmers: Helpful or Harmful", presented by Dr. George Edelman, and was sponsored by the Sports Medicine/Science Committee.

In his talk, Dr. Edelman stated that many of the traditional shoulder stretches you see athletes doing on the pool deck before practices and competitions are unhealthy for them and could be a source of long-term shoulder. The problem is that these stretches have been widely accepted by the swimming community for over 30 years. His points can be summed up as follows:

- Most age group swimmers are inherently flexible and therefore do not need to stretch, but should rather do dryland exercises to loosen up their muscles
- When swimmers complain of soreness in their shoulders, it is actually their muscles aching; therefore coaches should encourage the swimmer to massage the muscle instead of stretching the problem area to gain temporary relief.
- Age group swimmers are very impressionable and when they see elite level swimmers doing these stretches by twisting and contorting their body beyond the normal range of motion, they will mimic those elite athletes. Only through education by the coaches will the athletes learn the proper way to stretch.
- Pictures of appropriate and inappropriate stretches were provided.

To read all of the information provided by Dr. Edelman, go to the "Coaches" section of the USA Swimming website, click on "Sports Medicine" and his research presentation is listed in "Injury Prevention and Rehab". There you will find documents, diagrams, and the PowerPoint slideshow that accompanied the talk.

Respectfully Submitted,

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PVS Board of Directors

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